

Blue Ridge

VIRGINIA



Hello Blue Ridge MRC Volunteers!

Hope you are doing well and getting ready for Easter and Spring! The month of April is Volunteer Month!

According the Virginia Service website, the 2009 average Virginia hourly rate for volunteer time is \$20.93! From 2007 to 2009, 1.7 million Virginia Volunteers donates their time, averaging around 225.3 million hours of service and \$4.7 billion to the Commonwealth. Despite the economic crisis, the national volunteer rate increased from 26.4% in 2008 to 26.8% in 2009.

So why MRC?

During large –scale emergencies, everyone wants to offer their assistance and skills. Emergency responders and other public health staff will be overwhelmed and having additional personnel will be valuable and great asset to the overall response!

However, to be of great use to emergency responders, it is crucial for all MRC

MRC **Onnection** April 2011

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volunteers to participate in upcoming courses/ trainings and complete the online courses when you can.

Instead of adding more confusion or potentially hindering the response, MRC volunteers can add great value, expertise, manpower to the response!



Reference:

Virginia Services:

<http://www.vaservice.org/go/volunteer/statistics/#value>

Respectfully,

Lindsay Mackey

BRMRC Coordinator

Thank you for Protecting Virginia's Health

Blue Angels : May 21st - 22nd*



If you are still interested in helping at the Blue Angels Air show event on May 21st (Sat.) and 22nd (Sun.), please let me know by April 22nd! MRC volunteers will be helping at Centra Health's STIP Tent (a mini portable hospital). We need medical and non-medical people. The Air show will be held at Lynchburg Airport, off of Wards Road.

I must have a list of all volunteers by April 22nd and schedule a time with you all to make photo ID badges. You will need this photo ID badge to get in the event. Also if you do not a MRC polo shirt yet, please let me know and your size.

Email me Lindsay@vaems.org if you would like to participate!

*This is a date correction from March newsletter

Volunteer Training Recognition

The following MRC volunteers for completing the following March Polycom Courses:

NIMS:

- Dr. George Wortley
- Mildred McQueen
- Mari Cedillo

Terrorism Security Awareness Orientation:

- Christy Brown
- Lou Martel
- Mildred McQueen
- Dr. George Wortley
- Mari Cedillo



A BIG shout out to....

Mildred McQueen and Lou Martell for spending several hours addressing and sealing letters to registered nurses in the area! This took them several hours and I'm sure many paper cuts in the process. Thank You!!

Elizabeth Webb for contacting private medical organizations in the area and helping with the March newsletter, among other little projects!



***Please check the website for the most current newsletter and monthly calendars with courses and trainings and any announcements at www.vamrc.org**

To become a VA MRC volunteer, apply at www.vamrc.org.

WELCOME

Please Welcome these New Blue Ridge
MRC Volunteers!

Christy Brown	Carin Schofield
Terri Vignali	Brenda Taylor
Candace Williams	Mary Hall
Hannah Soyars	Tiffany Clark
Bonnie Napierkowski	Ruth Syre
Rebecca Pitsenbarger	James Bogle
Melissa Ramsdell	Amy Johnson

Did you know....!?



- Chocolate was used as medicine during the 18th century. It was believed that chocolate could cure a stomach ache?
- The only "real" food that U.S. Astronauts are allowed to take into space is pecan nuts?
- The first owner of the Marlboro Company died of lung cancer?
- Every time you lick a stamp, you're consuming 1/10 of a calorie?
- Mel Blanc, who played the voice of Bugs Bunny, was allergic to carrots?



Emergency Preparedness and Response

Basic Disaster Life Support Course Opportunity!

- **Who:** This class is open to all volunteers. (Medical and non- medical)
- **When:** June 4th (Saturday) from 7:30 to 5:00pm
- **Where:** Lynchburg General Hospital at the First Colony Conference Room, Room #1
- **What:** The Blue Ridge MRC will be conducting a Basic Disaster Life Support Course (BDLS).
 - It is an American Medical Association(AMA) accredited Course
 - This AMA course will go over information on all types of hazards.
 - It aims to improve the care and coordination of response in disasters and other public health emergencies by developing a common approach and language among multiple disciplines in the health care community.

If interested please email Lindsay@vaems.org.

**Tell your friends and family! MRC
Volunteers may be called upon to
dispense medications, administer
vaccinations, provide care to evacuees
living in emergency shelters, or assist in
many other ways!**



**Join us at Blue
Ridge Medical
Reserve Corps!**

To become a VA MRC volunteer, apply at www.vamrc.org.

Upcoming April/ May Events

April 1- National Walk to Work Day

*April 9 (Sat.)- New Volunteer MRC Orientation

Time: 2-4pm

Place: The Private Dining Room at Lynchburg General Hospital. Email Lindsay Mackey if you will be attending

April 24- Easter Sunday

*April 27 (Wed)- New Volunteer MRC Orientation

Time: 7-9pm

Place: The Private Dining Room at Lynchburg General Hospital. Email Lindsay Mackey if you will be attending

April 28 (Thurs)- MRC Volunteer quarterly meeting. (All MRC volunteers)

Time: 7:30pm-8:30 pm

Place: Dolan Conference Room at Lynchburg General Hospital

*May 14 (Sat.)-New Volunteer MRC Orientation

Time: 2-4pm

Place: The Private Dining Room at Lynchburg General Hospital. Email Lindsay Mackey if you will be attending

May 21-22 (Sat & Sun)- Blue Angels Air-show. Email Lindsay Mackey by April 22nd if you would like to volunteer for this event.

*** For new volunteers attending Orientation, please bring copies of any Healthcare licenses/ certifications you have and a copy of your Driver's license**

➡ **Remember to look at www.vamrc.org , under Blue Ridge MRC for updated trainings/ events on our Calendar!**



Address to Lynchburg General Hospital:

Physical Address: 1900 Tate Springs Road, Lynchburg, Virginia, VA 24501

Go to: <http://lgh.centrahealth.com/about-us/general-information>

Any additional questions, email Lindsay@vaems.org

